

# High School Level I: Grades 9-10

**Demonstrates competency in a variety of motor skills and movement patterns.** 1

## **Sports Skills and Games**

- 1 The outcomes for 1.1. conclude at grade 8. 1.1. L1
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## **Dance, Movement, and Rhythmic Activities**

- 2 Demonstrates competency in one or more dance forms used in cultural and social occasions. 1.2. L1
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## **Fitness Activities**

- 3 Demonstrates competency in one or more fitness activities. 1.3. L1
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## **Lifetime Activities**

- 4 Demonstrates competency in one or more lifetime activities. 1.4. L1
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**Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.** 2

## **Movement Concepts**

- 1 Demonstrates competency of movement concept in a variety of physical activities. 2.1. L1
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## **Strategies and Tactics**

- 2 Demonstrates competency of strategies and tactics in a variety of physical activities. 2.2. L1
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**Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** 3

## **Fitness Planning**

- 1 Explains how each of the skill- and health-related fitness components are improved through the application of basic training principles. 3.1. L1
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## **Additional Health-Enhancing Behaviors**

- 2 Evaluates personal habits related to health-enhancing behaviors for self and others. 3.2. L1
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**Exhibits responsible personal and social behavior that respects self and others.** 4

## **Self-awareness and management**

- 1 Applies positive character traits in physical activity settings. 4.1. L1

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**Social awareness and relationship skills**

- 2 Applies the qualities of civility and citizenship in physical activity settings. 4.2. L1
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**Responsible decision making**

- 3 Analyzes ethical decisions made in physical activity settings. 4.3. L1
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**Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5**

**Overall Wellness**

- 1 Analyzes the overall wellness benefits of self-selected physical activities. 5.1. L1
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**Challenge**

- 2 Selects and participates in physical activities that provide an appropriate level of challenge. 5.2. L1
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**Self-Expression/Enjoyment**

- 3 Selects and participates in physical activities that meet the need for selfexpression and enjoyment. 5.3. L1
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**Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6**

**Personal and Community Resources**

- 1 Explains how personal community physical activity and fitness resources can support overall wellness. 6.1. L1
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**Careers**

- 2 Identifies personal and community resources to explore career options related to physical activity and fitness. 6.2. L1